



Sullivan County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Sullivan County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Sullivan County School System that includes:

- School Health Advisory Committee
- Twenty-seven Healthy School Teams
- School Health Policies strengthened or approved include a wellness policy and a competitive foods policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$347,144.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Kingsport City and Bristol City CSH, | ➤ Wellmont Health Systems, |
| ➤ Tri-Cities Lifestyles Center, | ➤ ETSU Physicians and |
| ➤ Great Body Company, | ➤ Osteoporosis Center, |
| ➤ Wellness Center, | ➤ Eastman Chemical's Health Fitness Corporation, |
| ➤ Anytime Fitness, and the | ➤ UT Extension Office, |
| ➤ Bristol Family YWCA, | ➤ Frontier Health (R.E.A.C.H.), |
| ➤ Kingsport YMCA, | ➤ Sullivan County Regional Health Dept. and |
| ➤ Bristol YWCA, | ➤ Main Street Academix, |
| ➤ Wellness Center - Johnson City, | ➤ GoTrybeTN, |
| ➤ Curves, | ➤ TNCEP, |
| ➤ Nicotine Free of the Mountain Empire, | ➤ King College Nursing, |
| ➤ Weight Watchers @ Work, | ➤ Performance Medicine-Dr. Tom Rogers |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Ketron 3k TCAP kick-off, Girls on The Run semester road race, Sullivan Central Cougar 3k fundraiser, S.T.E.M. Brookside, S.T.E.M. Cedar Grove, and S.T.E.M. Kingsley. Currently, 500 plus parents are collaborating with CSH.

Students have been engaged in CSH activities that include Healthy School Team members at two schools who helped promote the Y5210 programs within the schools, wore the t-shirts prior to the program starting, and encouraged other classmates. Also in preparing for our evening STEM programs for the parents and community members, numerous kids stayed after school at each school to help set up displays and help direct vendors. Approximately 10 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Sullivan County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 4,369;

Students seen by a school nurse and returned to class – 95;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI data in recent year have shown trends of improvement in childhood obesity by around 1.4%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment, exercise equipment, cardiovascular and fitness for faculty staff and students, materials and supplies for physical activity events taking place on school campus in partnership with CSH, small healthy food purchases, sample snacks, health education tools for learning, activity materials for classrooms, paper supplies for BMI screenings, student cards, health education pencils for participation, health education materials, breakfast in the classroom supplies for pilot schools, Walk across America materials/supplies, and storage materials for supplies;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include county wide in-service that provided professional development in physical education, physical activity, technology enhancements, new programming, sports and agility training, and First Aid-CPR training, and the summer wellness institute with state support and other programming from across the state;

School faculty and staff have received support for their own well-being through newsletters, email correspondences with programming and special offers for them, opportunities for staff development and personal intervention available.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions –physical education teachers are teaching health education for an allotted amount of time each day;
- Physical Education/Physical Activity Interventions – physical education/physical activity standards are being met in all grades;
- Nutrition Interventions – new wellness policy was introduced regarding snacks for parties;
- Mental Health/Behavioral Health Interventions – Eating Disorder Awareness Week.

In such a short time, CSH in the Sullivan County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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